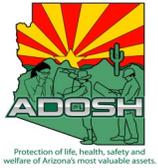




ADOSH ADVOCATE



Quarterly Newsletter—Volume 1

January—March 2020

Happy New Year from ADOSH!



Each year, people around the world make New Year's resolutions to do something to better their lives. Here at ADOSH, our resolution is always to protect the life, health, safety and welfare of Arizona's workforce. We take that job very seriously and do it to the best of our ability every day, every year.

We can't do it alone though, we need employers throughout the state to do their part in helping us succeed in that mission. Sometimes that requires enforcement to ensure compliance with regulatory requirements, but we would rather prevent injuries before they occur, through our consultation services.

Through the many partnerships, alliances, and other cooperative programs and relationships that we have with numerous employers, trade groups, municipalities, counties, and other entities, we are able to further our mission while working collaboratively with employers to proactively tackle health and safety concerns.

With that said, what are your resolutions for the new year? Are there still things that you can do to improve the health and safety of your workplace and workers? Of course there are! There are always things that we can improve on, and ADOSH can help! Requesting a visit from our consultation division is easy, and our services are free to employers. We can provide training for you and your employees, on-site visits to your workplace, or just give us a call if you have a question. Our consultation division does not issue citations and will be happy to assist you in any way possible. And did I mention that it's **free**?

If you are interested in utilizing our consultation services, would like to schedule training for your employees, or participate in any of our cooperative programs, please feel free to reach out to me directly at steven.morgan@azdosh.gov or send a request to: consultationrequests@azica.gov.

Steve Morgan

Assistant Director, ADOSH Compliance Assistance, Consultation & Training

Contact Information

Jessie Atencio

jessie.atencio@azdosh.gov

Steve Morgan

steven.morgan@azdosh.gov

**Be sure to follow us on
Twitter and Facebook!**



@IndCommAZ



Industrial Commission of Arizona

In This Issue

- Winter Driving Safety
- Carbon Monoxide
- Job Hazard Analysis
- Fatality Update
- Goodyear Safety Summit
- First Aid Kits
- ADOSH Training Calendar

Winter Driving Safety

Living in Arizona, many of us are fortunate to rarely, if ever, encounter ice and snow on the roadways. Furthermore, when most people think about Arizona, snow is probably the last thing that comes to mind. While most of us are enjoying the mild winter temperatures and sunny days in central and southern Arizona, the same doesn't hold true for those that live in the northern areas and higher elevations of the state. In fact, Flagstaff is one of the snowiest cities in the entire country, regularly receiving over 100 inches of snowfall per year! Check out the winter safety tips from our friends at ADOT below.

For more information, go to <https://azdot.gov/about/transportation-safety/weather/know-snow-and-ice>



Where does it snow in Arizona?



Emergency Winter Supplies to Keep in Your Vehicle

- Fully charged cell phone
- Flashlight with extra batteries
- Drinking water
- Winter coats and warm blankets
- First-aid kit and any prescription medication
- Ice scraper and small shovel
- Bag of sand (or cat litter) for tire traction
- Travel tool kit and battery cables
- Safety flares
- Prepackaged fruits, nuts, nutrition bars and other nonperishable snacks
- Gloves, scarves, caps and extra socks

azdot.gov/KnowSnow

HANDS OFF

It is illegal in Arizona to talk or text on a cellphone while driving unless the device is in a hands-free mode.

This law prohibits drivers from using a cellphone or a stand-alone electronic device while driving unless it is being used in a hands-free mode. This includes, but is not limited to, cell phones, tablets, music and gaming devices.

A "stand-alone electronic device" is a portable device other than a portable wireless communication device that stores audio or video data files to be retrieved on demand by a user.

It will be against the law, while driving, to:

1. Hold or support a device with your body*.

*This includes, but is not limited to, in your hands and perched on your shoulder.

2. Read, write or send a message via any portable wireless communication device.

3. Scroll through social media, watch videos, record videos, or any other use of the device that causes a distraction and requires use of your body.

You will be allowed to:

1. To engage and disengage a function on the device such as GPS route start and answering or ending a call.

2. Talk on the portable wireless communication device with an earpiece, headphone device, or device worn on the wrist to conduct a voice-based communication.

3. Use a device for navigation of the vehicle.

4. Use a device in an emergency situation to summon help or report a crime.

When does all this take effect?

January 1, 2021. That doesn't preclude an offending motorist from being stopped between now and then to issue a warning.



Protect Yourself - Carbon Monoxide Poisoning

Carbon monoxide (CO) is a colorless, odorless, toxic gas which interferes with the oxygen-carrying capacity of blood. CO is non-irritating and can overcome persons without warning. Many people die from CO poisoning, usually while using gasoline powered tools and generators in buildings or semi-enclosed spaces without adequate ventilation. Please see the information below:

Effects of Carbon Monoxide Poisoning

- Severe carbon monoxide poisoning may cause neurological damage, illness, coma, and death.

Symptoms of CO exposure

- Headaches, dizziness and drowsiness.
- Nausea, vomiting, tightness across the chest.

Some Sources of Exposure

- Portable generators and generators in buildings.
- Concrete cutting saws and compressors.
- Power trowels, floor buffers, and space heaters.
- Welding and gasoline powered pumps.

Preventing CO Exposure

- Never use a generator indoors or in enclosed or partially enclosed spaces such as garages, crawl spaces, or basements.
- Opening windows and doors in an enclosed space may prevent CO buildup.
- Make sure a generator has 3-4 feet of clear space on all sides and above it to ensure adequate ventilation.
- Do not use a generator outdoors if placed near doors, windows or vents which could allow CO to enter and build up in occupied spaces.
- When using space heaters and stoves ensure that they are in good working order to reduce CO buildup, and never use in enclosed spaces or indoors.
- Consider using tools powered by electricity or compressed air, if available.

If you experience symptoms of CO poisoning get to fresh air right away and seek immediate medical attention.

Carbon Monoxide



Photos from
ICA Day on the
Capital Lawn
2019



Save the Date!

ICA's 5th Annual Day on the Capital Lawn



You are cordially invited to attend
the Industrial Commission of Arizona's
Day on the Capital Lawn

March 19th, 2020

11:00 a.m.- 12:30 p.m.

Arizona State Capital Building
1700 W. Washington St., Phoenix
AZ 85007

Senate Lawn

Join the Industrial Commission of Arizona
and the Arizona Division of Occupational
Safety and Health in honoring our
2020 Partners in Safety.

*"The protection of life, health, safety and
welfare of Arizona's workforce."*

Let's Talk About Job Hazard Analysis

Job related injuries occur every day in the workplace. Often these injuries occur because employees are not trained in the proper procedure for their job. One way to prevent workplace injuries is to establish proper job procedures and train employees in safer and more efficient work methods. Establishing proper job procedures is one of the benefits of Conducting a **Job Hazard Analysis** – carefully studying and recording each step of a job, identifying existing or potential job hazards, and determining the best way to perform the job to reduce or eliminate these hazards. Improved job methods can reduce costs resulting from employee absenteeism, workers' compensation, and can often lead to increased productivity.

Standards issued by the Occupational Safety and Health Administration (OSHA) should be referred to as part of an overall Job Hazard Analysis. These are OSHA standards that apply to most job operations, and compliance with these standards is mandatory.

Selecting Jobs for Analysis:

A Job Hazard Analysis can be performed for all jobs in the workplace, whether the job is "special" (non-routine) or routine. Even one-step jobs, such as those in which only a button is pressed, can and should be analyzed by evaluating surrounding work conditions.

To determine which jobs should be analyzed first, review your job injury and illness reports. A Job Hazard Analysis should be conducted first for jobs with the highest rates of accidents and disabling injuries. Also, jobs where "close calls" have occurred should be given priority. Analyses of new jobs and jobs where changes have been made in process and procedures should follow. A Job Hazard Analysis should be conducted and made available to employees for all jobs in the workplace.

Involving the Employee:

Once you have selected the job for analysis, discuss the procedure with the employee performing the job and explain its purpose. Involve the employee in all phases of the analysis – from reviewing the job steps to discussing potential hazards and recommended solutions. You should also talk to other workers who have performed the job.

Conducting the Job Hazard Analysis:

Before actually beginning the Job Hazard Analysis, take a look at the general conditions under which the job is performed and develop a checklist.

- Are there materials on the floor that could trip an employee?
- Is lighting adequate?
- Are there any live electrical hazards?
- Are tools, including hand tools, machines and/or equipment in need of repair?
- Is there excessive noise in the work area hindering worker communication?
- Can the worker be injured by lifting or pulling objects, or from carrying heavy objects?
- Do environmental hazards – dust, chemicals, radiation, welding rays, heat or excessive noise – result from performing the job?

Repeat the job observation as often as necessary until all hazards have been identified.

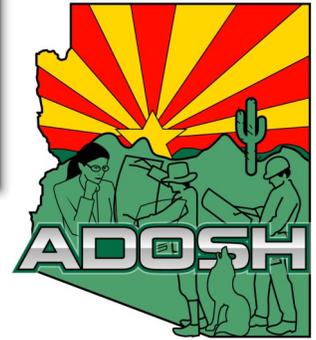
Recommending Safe Procedures and Protection:

After you have listed each hazard and have reviewed them with the employee performing the job, determine whether the job could be performed in another way to eliminate the hazards. This can include combining steps or changing the sequence, or whether safety equipment and precautions are needed to reduce the hazards.

You may wish to set up a training program using the Job Hazard Analysis in order to train your employees in the new procedures, especially if they are working in dangerous situations. If no new procedures can be developed, determine whether any physical changes, such as redesigning the equipment, changing tools, adding guards, personal protective equipment, or ventilation will eliminate or reduce the danger.

Continues on page 10

ADOSH/City of Goodyear Safety Summit



Protection of life, health, safety and welfare of Arizona's most valuable assets.

The Next ADOSH Safety Summit will be held March 17th in Tucson!

ADOSH is partnering with Pima Community College to hold another safety summit in Tucson.

This event will be held at the Pima Community College Downtown Campus on March 17th from 8:00 a.m. - 4:00 p.m.

For additional information, please see the flyer on page 9 of this issue!

ADOSH & the City of Goodyear partnered for a safety summit at the Goodyear Ballpark on December 4th. Despite a rainy day, the event was a great success! Thank you, Goodyear, for hosting this event!





ADOSH Fatality Update

In the past quarter ADOSH has investigated multiple accidents that resulted in a workplace fatality. We would like all employers and employees to understand that these accidents are preventable. We provide this information to the public for general knowledge:

Did You Know the ICA Maintains a Medical Resource Office?

The Industrial Commission of Arizona will be highlighting different functions of our agency in every issue of the ADOSH Advocate. This is an opportunity for employers and employees to better understand what the ICA does and what resources are available to them.

The Medical Resource Office plays an important role in the workers' compensation community. Their responsibilities include administrative oversight for the Arizona Physicians and Pharmaceutical Fee Schedule, managing the evidence-based medicine (EBM) treatment guidelines, and answering questions and providing educational training regarding the Fee Schedule and Treatment Guidelines. Find out more about these responsibilities below.

Arizona Physicians' and Pharmaceutical Fee Schedule

The Commission is required to set "a schedule of fees to be charged by physicians, physical therapists or occupational therapists attending injured employees," and "for prescription medicines required to treat an injured employee." The Commission is required by statute to review this schedule of fees on an annual basis. Staff recommends updates to the Fee Schedule that are posted on the website in advance of a Public Hearing each year. Stakeholders are able to provide verbal and/or written comments during the Public Hearing process. After considering public comments and staff recommendations, and at a later public meeting, the Commissioners take official action on the Fee Schedule, which is incorporated in the Fee Schedule and becomes effective October 1st of each year.

Evidence-Based Medicine (EBM) Treatment Guidelines

In April 2012 Arizona lawmakers passed a law requiring the Industrial Commission to develop and implement a process for the use of EBM treatment guidelines, where appropriate, to treat injured workers. The Commission adopted Work Loss Data Institute's Official Disability Guidelines (ODG) and Drug Formulary for the management of chronic pain and the use of opioids for all stages of pain management which became effective October 1, 2016. The responsible use of EBM treatment guidelines is intended to improve the quality and outcomes of medical care, and to improve the efficiency and effectiveness of how medical care is provided to the injured employee. Effective October 1, 2018 the use of treatment guidelines will apply to all body parts and conditions.

Inquiries, Education and Training

MRO Staff are a resource for medical providers, injured employees, attorneys and claims professionals who may have questions about the Fee Schedule and the process for the use of medical treatment guidelines. MRO staff provide education and training for all stakeholders.

To learn more, visit www.azica.gov or call us at (602)542-6731.

- Employee fell off a 10ft A-frame ladder while insulating a chilled-water-pipe with a 3ft aluminum jacketing insulation.
- Employee fell off forklift and struck forehead on cement floor.
- An employee, laborer, was working on a construction site mixing cement, when the cement mixer tipped over and pinned the employee at the neck. After being removed from beneath the cement mixer, the employee was pronounced dead.
- Victim was found face down on the floor inside a stairwell access at a new construction commercial building site. Victim had fallen 15-24 feet and sustained serious face/head injuries. No witnesses of the actual incident. Victim was working by himself, had fall protection on; no rope/tied off.
- Fuel tanker truck explosion.



Quick Q&A:

Question: Some headphones are equipped with a built-in volume limiter and are marked as “OSHA approved” for use in the workplace. Is there a specific OSHA regulation that prohibits the use of headphones to listen to music on a construction site?

Response: No, there is no specific OSHA regulation that prohibits the use of headphones on a construction site. OSHA’s standard for Occupational Noise Exposure in construction, 29 CFR 1926.52, sets permissible noise exposure limits in Table D-2 and requires the employer to protect employees subject to sound levels exceeding these limits. OSHA’s Hearing Protection standard, 29 CFR 1926.101, requires that ear protective devices be provided by the employer and used wherever necessary to reduce noise levels below Table D-2 limits. A portable music player is not a substitute for hearing protection, however. The noise exposure on the jobsite, or through the use of volume-limiting headphones, must not exceed the Table D-2 limits.

The use of headphones on a construction site may be permissible at managerial discretion, unless such use creates or augments other hazards apart from noise. For example, struck-by hazards are one of the four leading causes of death in construction. It is the employer’s responsibility to ensure that employees are not exposed to struck-by hazards while performing their work. Listening to music may produce a safety hazard by masking environmental sounds that need to be heard, especially on active construction sites where attention to moving equipment, heavy machinery, vehicle traffic, and safety warning signals may be compromised.

Additionally, some manufacturers may claim that their products are “OSHA approved” or “100% OSHA compliant.” OSHA does not register, certify, approve, or otherwise endorse commercial or private sector entities, products, or services. Therefore, any such claims by a manufacturer are misleading.

First-Aid Kits—What Should or Shouldn’t Be in Them?

During a recent ADOSH Advisory Committee Meeting, an interesting question was asked: should employers include non-prescription/over-the-counter (OTC) medications in their on-site first-aid kits?

As an employer, the first thing that you need to know is that neither ADOSH, nor OSHA, have specific requirements for the contents of first-aid kits in general industry or construction, despite many such kits being marketed as “OSHA Approved/Certified”. OSHA does, however recognize American National Standards Institute ANSI Z308.1, Minimum Requirements for Workplace First-Aid Kits as a guideline for the contents of first-aid kits.



The second thing you need to know is that there are different standards for having employees trained in first aid. Here’s an excerpt from an OSHA letter of interpretation on first aid training:

“OSHA’s standard for first-aid training in general industry, 29 CFR 1910.151(b), provides:

In the absence of an infirmary, clinic, or hospital in near proximity to the workplace which is used for the treatment of all injured employees, a person or persons shall be adequately trained to render first-aid. Adequate first-aid supplies shall be readily available.

In the construction industry, 29 CFR 1926.50(c) provides:

In the absence of an infirmary clinic, hospital, or physician, that is reasonably accessible in terms of time and distance to the worksite, which is available for the treatment of injured employees, a person who has a valid certificate in first-aid training from the U.S. Bureau of Mines, the American Red Cross, or equivalent training that can be verified by documentary evidence, shall be available at the worksite to render first-aid.”

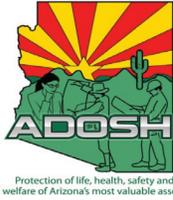
There are specialized industries or circumstances where the requirements are different than the interpretation above, so review the standards for your particular industry.

With that said, most employers, as a best practice, will provide training in first-aid to at least some percentage of their workforce, even if they are in near proximity to a medical treatment facility, or a facility is reasonably accessible. Likewise, they will keep adequate first-aid supplies on site for the types of injuries that could occur in their workplace.

Back to the original question though. Should employers stock OTC medications in their first-aid supplies? From a regulatory standpoint, there is no requirement to do so, and ADOSH takes no position on this. It is entirely up to each individual employer. Some employers do, while other prefer not to. Each employer should evaluate this based on their own policies and the needs of their employees and workplace.

For more information, please see **OSHA’s Best Practices Guide: Fundamentals of a Workplace First-Aid Program:**

<https://www.osha.gov/Publications/OSHA3317first-aid.pdf>



Arizona Division of Occupational
Safety and Health and Pima
Community College

TUCSON SAFETY SUMMIT



March 17th, 2020
8:00 a.m - 4:00 p.m.

Pima Community
College - Downtown
Campus

1255 N. Stone Ave.
Tucson, AZ 85709

CLASSES:

GENERAL INDUSTRY: Machine Guarding / Office Safety / Electrical Safety / General Industry Hazard Recognition / Hazard Communication & Bloodborne Pathogens

CONSTRUCTION: Fall Protection / Silica / Trenching & Excavation / Scaffolding / Construction Hazard Recognition

MANAGEMENT: All About OSHA / Safety & Health Management Systems / Job Hazard Analysis / OSHA Written Programs

OTHER CLASSES: Welding & Cutting Safety: Monitoring, PPE, Hands-on Demonstration (3-hr class)

CPR-First Aid-AED: Training Certification (Full day class) - \$35

Wellness-Stress Management: Workshops and Stretching & Yoga

TO REGISTER:

- Registration for the summit begins **February 17th**
- www.ezregister.com/promoters/1607

SPECIAL INSTRUCTIONS:

- This is a free event, there is no charge for classes, with the exception of CPR-First Aid-AED, which requires a \$35 payment to Pima Community College
- Lunch will be available for purchase at food trucks on site.

If you have any questions, please call 520-320-4239, or email sylvia.sinohui@azdosh.gov

Let's Talk About Job Hazard Analysis

Continued from page 5

If hazards are still present, try to reduce the necessity for performing the job and/or the frequency of performing it. Go over the recommendations with all the employees performing the job. Their ideas about the hazards and proposed recommendations may be valuable. Be sure that they understand what they are required to do and the reason for the changes in the job procedure.

Revising the Job Hazard Analysis:

A Job Hazard Analysis can do so much toward reducing accidents and injuries in the workplace, but it is only effective if it is revised and updated periodically. Even if no changes have been made in a job, hazards that were missed in an earlier analysis could be detected.

If an accident or injury occurs on a specific job, the Job Hazard Analysis should be reviewed immediately to determine whether changes are needed in the job procedure. In addition, if an accident has resulted from an employee's failure to follow job procedure, this should be discussed with all employees performing the job.

Anytime a Job Hazard Analysis is revised, training in the new job procedure methods or protective measures should be provided to all employees affected by the changes. A Job Hazard Analysis also can be used to train new employees on job procedures and hazards.

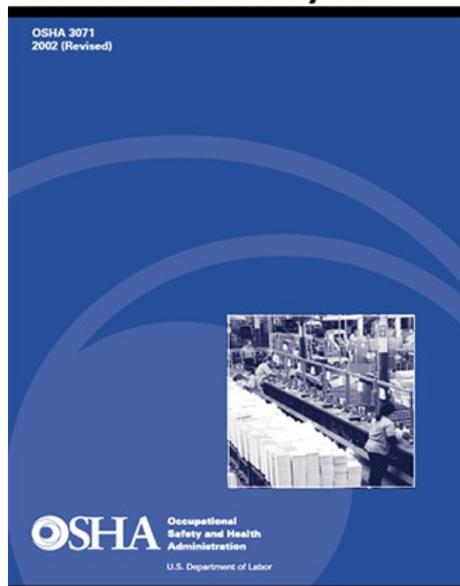
OSHA Assistance, Service, and Programs:

OSHA can provide extensive help through a variety of programs, including assistance about safety and health pro-

grams, state plans, workplace consultation, Voluntary Protection Programs, strategic partnerships, training and education, and more.

OSHA offers more than 100 documents, including brochures, fact sheets, posters, pocket cards, flyers, technical documents, and a quarterly magazine. These documents are available online at www.osha.gov or by calling (202) 693-1888.

Job Hazard Analysis



HOW TO REPORT A WORKPLACE FATALITY OR ACCIDENT

All employers must report to ADOSH all workplace accidents as follows:

- All work-related fatalities within 8 hours following the incident.
- All work-related inpatient hospitalizations, all amputations, and all losses of an eye within 24 hours.

Note: Only fatalities occurring within 30 days of the work-related incident must be reported to ADOSH. Further, for an in-patient hospitalization, amputation or loss of an eye, these incidents must be reported to ADOSH only if they occur within 24 hours of the work-related incident.

You can report to ADOSH by:

- Calling ADOSH's free and confidential number at (602) 542-5795 or toll-free at (855) 268-5251.
- Calling the ADOSH Phoenix Office at (602) 542-5795 or Tucson Office at (520) 628-5478 during normal business hours 8:00 a.m. to 5:00 p.m.
- Filling out the form provided [here](#) saving it onto your own computer, and then either FAXING it to (602) 542-1614 OR attaching it to an email that you can create [here](#).
- If you call outside of regular business hours, please leave a message and someone will return your call as soon as possible.

HOW TO HANDLE SITUATIONS INVOLVING IMMEDIATE DANGER

- If you are an employee or employee representative and believe you or another employee are/is exposed to a condition that is immediately dangerous to life or health, you should first attempt to resolve the matter with the employer. If that is not possible, contact ADOSH at (602) 542-5795 or toll-free at (855) 268-5251 for guidance. After hours, please leave a message and someone will return your call as soon as possible..

2020 Pacific Coast Safety Fest



Making safety and health a vital component of all workplaces is the aim of a series of low semi-nars and courses that the OSHA Education Center at Arizona State University is hosting in partnership with the U.S. Department of Labor's Occupational Safety and Health Administration and the Arizona Division of Occupational Safety and Health (ADOSH). These will be offered to workers, employers, health professionals and others in Arizona, **March 23 - 25, 2020**.

These courses and materials are being offered at a substantial discount during this week. Attendees will receive materials, credit for all classes, and a certificate of attendance. The event is open to contractors, small business owners, professional technical educators, businesses required to follow OSHA standards, and anyone interested in creating a safer workplace. Registration is required, and can be done at <http://osha.asu.edu>

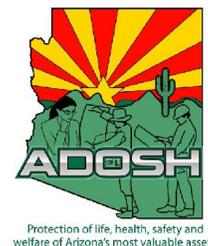
Schedule:

Tempe - 660 S. College Ave. Tempe, AZ 85287

- March 23 OSHA 7500 - [Introduction to Safety & Health Management](#)
- March 23-24 OSHA 10H C - [OSHA 10 hour construction](#)
- Match 24 OSHA 7215 - [Silica in Construction, Maritime, and General Industry](#)
- March 25 [ADOSH/OSHA Information & Updates](#)
- March 25 OSHA 7845 - [Recordkeeping Rule Seminar](#)

Tucson - 220 W. 6th Street Tucson, AZ 85701

- March 23 OSHA 7845 - [Recordkeeping Rule Seminar](#)
- March 25 OSHA 7500 - [Introduction to Safety & Health Management](#)



The 2020 Census: Why It Matters

In 2020, our nation will conduct the once-a-decade Census with the goal to count every person living in the United States once, only once, and in the right place. Everyone matters and responding to the Census helps communities get their fair share of federal funding. Census data guides how more than \$675 billion in funding gets distributed to states and communities each year and helps communities create jobs, provide housing, prepare for emergencies, and build schools, roads and hospitals. The Census also helps determine how many seats a state receives in Congress and state and local governments use the data to redraw boundaries for congressional districts, state legislative districts and school districts, adapting to population shifts.

The 2020 Census is easy, safe and important. Responding is easier than ever since for the first time, people will be able to respond to the Census online. It asks just a few questions and takes a few minutes to respond. Your responses are [safe, secure, confidential and protected by law. If you respond online, your answers are encrypted to protect your privacy and are safe from hacking and other cyber threats.](#) If you don't have Internet access, people can respond by phone or by mail.

The Census Bureau is bound by Title 13 of the U.S. Code to keep your information confidential. Under Title 13, the Census Bureau cannot release any identifiable information about you, your home or your business, even to law enforcement agencies. The law ensures that your private data is protected and that your answers cannot be used against you by any government agency or court. Census Bureau employees are sworn for life to protect personal information and we have strong security measures in place to safeguard against cyberthreats. By law, your responses can only be used to produce statistics and the Census Bureau takes extraordinary steps to protect the confidentiality of your responses.

Conducting the Census is a massive undertaking and requires years of planning with the support of thousands of people. As the 2020 Census approaches,



our success will rely on everyone's participation in every community. The Census Bureau is hiring hundreds of thousands of people to help ensure a complete and accurate count across the U.S. and in every community. Watch for these jobs as they become available on 2020census.gov/jobs or USAjobs.gov. Applicants for temporary field and office positions can complete the entire application process online.

Census outreach also consists of building relationships in the community where Area Census Offices are located. For the past several months, the Census has garnered support from local communities, governments and school districts throughout the Arizona state. The state has embraced all Census efforts and through the Arizona partnership team, business and community organizations.

To obtain more information about the upcoming 2020 Census and how you can become involved, please visit www.2020census.gov.

Arizona has seen major growth over the last ten years, and we're on track for more. The 2020 Census is our opportunity to ensure that every Arizonan in every corner of our state is included and that we maximize our opportunities for future growth. - Governor Doug Ducey

Never Heard About the SHARP Program?

ADOSH offers the Federal OSHA Safety and Health Achievement Recognition Program (SHARP), to small and mid-sized businesses.

The SHARP program recognizes employers that have an advanced safety and health program that includes safety and health management systems.

To be considered for the program your company must meet the following requirements:

- Maintain injury and illnesses at or below the National Average for your NAICS according to the most current Bureau of Labor Statistics
- Have no more than 250 employees in Arizona and no more than 500 corporate wide.
- Maintain a safety and health management system where employees and management are involved.
- Achieve a 2 or better on the Federal OSHA Form 33.

If you and your staff would like to know more about this free exemplary program, please contact the ADOSH Consultation office at: 1-855-268-5251

2020 Region IX VPPPA Safety Summit
M Resort Spa Casino • Henderson, Nevada

Save the Dates!
April 21-23, 2020
SGE Training - April 18th thru 20th

Visit us at www.regionixvpppa.org

2020 Region IX VPPPA Safety Summit Pricing, Policies, and Procedures

Or download the [2020 Region IX VPPPA Safety Summit Registration Form](#).

Need to make a substitution? Click to download the [substitution form](#).

NOTE TO EXHIBITORS:

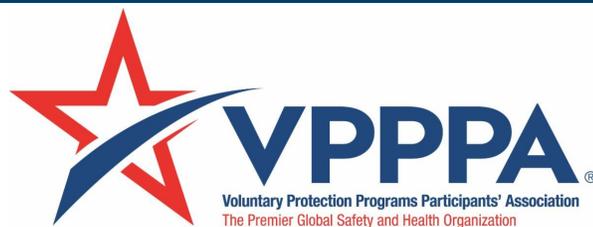
If you would like to exhibit and register booth personnel for this event, please contact the exhibitor contact(s) below for this event and DO NOT proceed to register on this page.

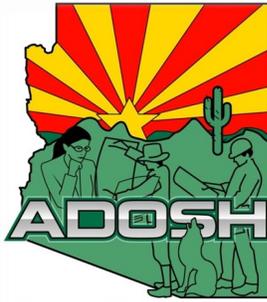
Download the [Exhibitor Information Form](#)

Primary Exhibit Sales Contact:

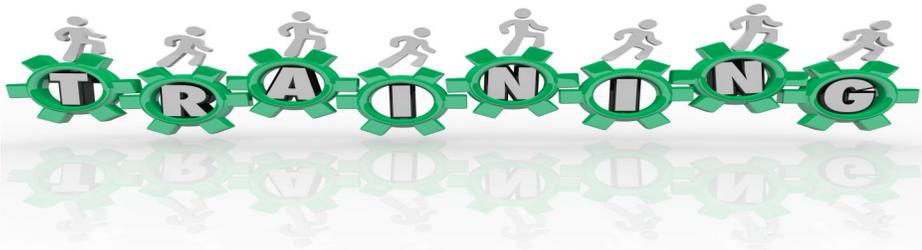
Guillermo Damasco
Phone: (310) 538-7729
Email: Guillermo.damasco@p66.com

Region IX website for the event: www.regionixvpppa.org





Protection of life, health, safety and welfare of Arizona's most valuable assets.

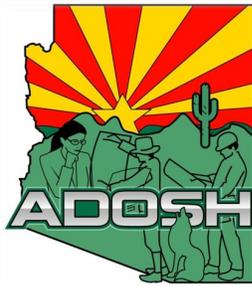


ADOSH Education and Training Calendar

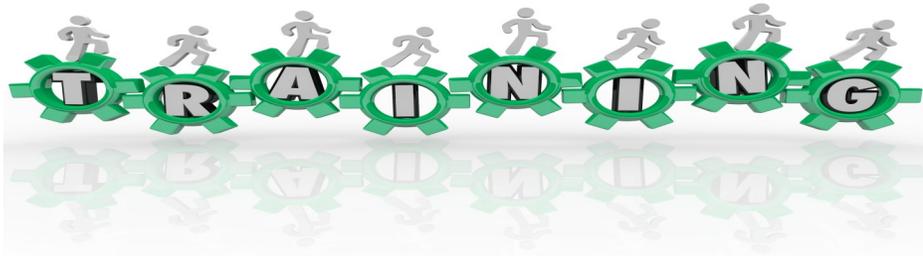
January 2020

1/14	9am - 12pm	Forklift Train the Trainer	800 W Washington St	Phoenix	Jeff	602-542-1769
1/14	8:30am - 11:30am	Managing OSHA Written Programs	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
1/16	8:30am - 11:30am	Aerial Lifts & Ladders	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
1/16	9am - 12pm	Machine Guarding	WEBINAR	Phoenix	Jeff	602-542-1769
1/21	8:30am - 11:30am	Accident Investigation	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
01/21	9am - 12pm	OSHA 300 Recordkeeping	WEBINAR	Phoenix	Jeff	602-542-1769
1/23	8:30am - 11:30am	Workplace Violence	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
1/23	9am - 12pm	Shop Safety & Power Tools	800 W Washington St	Phoenix	Jeff	602-542-1769
1/28	8:30am - 11:30am	Bloodborne Pathogens	WEBINAR	Tucson	Javier	520-628-5478
1/28	9am - 12pm	Crane Safety Awareness	WEBINAR	Phoenix	Jeff	602-542-1769
1/30	8:30am - 11:30am	Forklift Train the Trainer	2675 E Broadway Blvd	Tucson	Javier	520-628-5478

To register for a class please feel free to call the number associated with the class or register at www.ezregister.com/promoters/1607



Protection of life, health, safety and welfare of Arizona's most valuable assets.

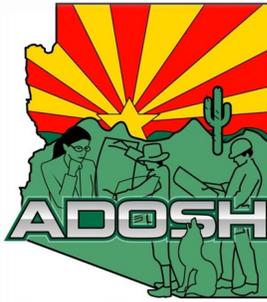


ADOSH Education and Training Calendar

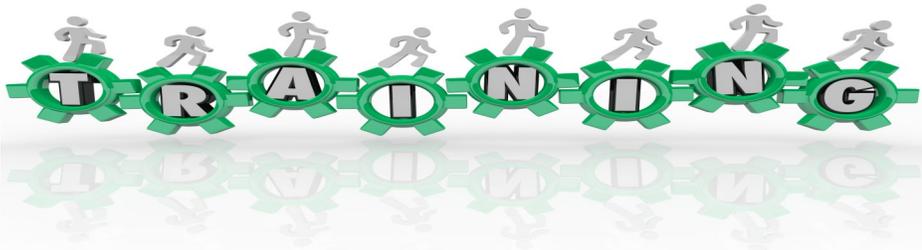
February 2020

2/11	9am-12pm	Mechanical Shop Safety	800 W Washington St	Phoenix	Jeff	602-542-1769
2/11	8:30am-11:30am	Confined Spaces	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
2/13	9am-12pm	Gen. Industry Hazard Recognition	800 W Washington St	Phoenix	Jeff	602-542-1769
2/13	9am-12pm	Ergonomics	1450 N Hohokam Dr	Nogales	Javier	520-628-5478
2/14	9am-12pm	Fall Protection (SPANISH)	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
2/18	9am-12pm	Forklift Train the Trainer	1500 E Cedar Ave Ste 86	Flagstaff	Jeff	602-542-1769
2/19	8:30am-11:30am	Respiratory Protection	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
2/20	9am-12pm	OSHA 300 Recordkeeping	800 W Washington St	Phoenix	Jeff	602-542-1769
2/25	9am-12pm	Managing OSHA Written Programs	800 W Washington St	Phoenix	Jeff	602-542-1769
2/25	8:30am-11:30am	Hearing Conservation	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
2/27	9am-12pm	Silica in Gen Industry & Const.	800 W Washington St	Phoenix	Jeff	602-542-1769
2/27	8:30am-11:30am	Excavations	2675 E Broadway Blvd	Tucson	Javier	520-628-5478

To register for a class please feel free to call the number associated with the class or register at www.ezregister.com/promoters/1607



Protection of life, health, safety and welfare of Arizona's most valuable assets.

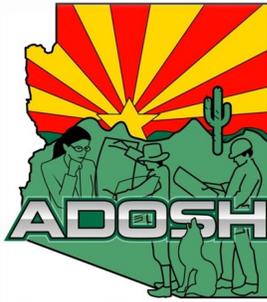


ADOSH Education and Training Calendar

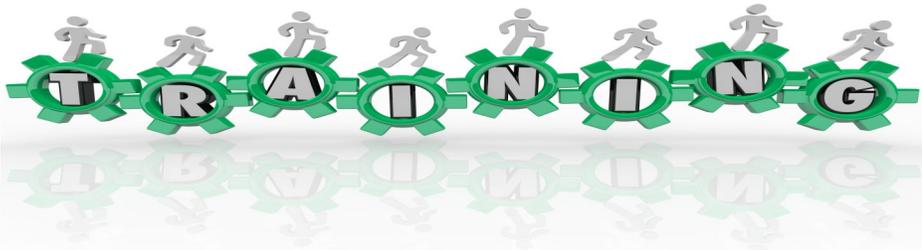
March 2020

3/03	9am-12pm	Bloodborne Pathogens	2951 S. 21st St	Yuma	Javier	520-628-5478
3/03	12:30pm-3:30pm	Safety & Health Management Sys	2951 S. 21st St	Yuma	Javier	520-628-5478
3/04	9am-12pm	Bloodborne Pathogens	1090 E Union St	San Luis	Javier	520-628-5478
3/05	9am-12pm	Bloodborne Pathogens	1090 E Union St	San Luis	Javier	520-628-5478
3/10	9am-12pm	Forklift Train the Trainer	800 W Washington St	Phoenix	Jeff	602-542-1769
3/10	8:30am-11:30am	Silica	2675 E Broadway Blvd	Tucson	Jordan	520-628-5478
3/12	9am-12pm	Accident Investigation	800 W Washington St	Phoenix	Jeff	602-542-1769
3/17	8am-4pm	* Tucson Safety Summit *	Pima Community College	Tucson	ADOSH	520-628-5478
3/17	9am-12pm	Bloodborne Pathogens	WEBINAR	Phoenix	Jeff	602-542-1769
3/19	9am-12pm	Confined Space Entry	800 W Washington St	Phoenix	Jeff	602-542-1769
3/24	8:30am-11:30am	Electrical Safety	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
3/24	9am-12pm	General Industry Hazard Rec.	800 W Washington St	Phoenix	Jeff	602-542-1769
3/26	8:30am-11:30am	Machine Guarding	2675 E Broadway Blvd	Tucson	Javier	520-628-5478
3/26	9am-12pm	Hazard Communication (HAZCOM)	WEBINAR	Phoenix	Jeff	602-542-1769
3/31	8:30am-11:30am	Hazard Communication - GHS	2675 E Broadway Blvd	Tucson	Javier	520-628-5478

To register for a class please feel free to call the number associated with the class or register at www.ezregister.com/promoters/1607



Protection of life, health, safety and welfare of Arizona's most valuable assets.

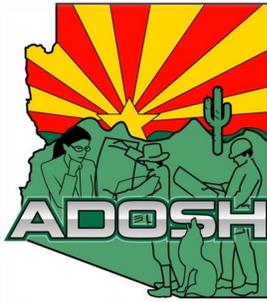


ADOSH Education and Training Calendar

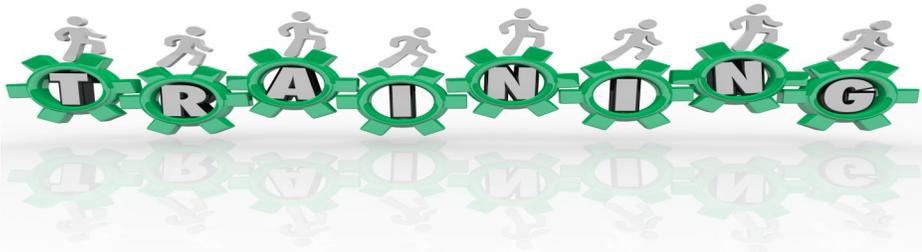
April 2020

4/2	8:30am-11:30am	Asbestos Safety Awareness	2675 E Broadway Rd	Tucson	Javier	520-628-5478
4/7	8:30am-11:30am	OSHA 300 Logs	2675 E Broadway Rd	Tucson	Ruben	520-628-5478
4/7	9am-12pm	Cranes in Construction	800 W Washington St	Phoenix	Jeff	602-542-1769
4/9	9am-12pm	Mechanical Shop Safety	WEBINAR	Phoenix	Jeff	602-542-1769
4/14	9am-12pm	Silica in Construction	800 W Washington St	Phoenix	Jeff	602-542-1769
4/16	8:30am-11:30am	Hazard Recognition - General Ind.	2675 E Broadway Rd	Tucson	Javier	520-628-5478
4/16	9am-12pm	Forklift Train the Trainer	800 W Washington St	Phoenix	Jeff	602-542-1769
4/21	9am-12pm	Personal Protective Equip. (PPE)	1229 Hereford Dr	Bisbee	Javier	520-628-5478
4/21	9am-12pm	Managing OSHA Written Programs	800 W Washington St	Phoenix	Jeff	602-542-1769
4/23	9am-12pm	Heat Illness	1450 N Hohokam Dr	Nogales	Javier	520-628-5478
4/23	9am-12pm	OSHA 300 Logs	800 W Washington St	Phoenix	Jeff	602-542-1769

To register for a class please feel free to call the number associated with the class or register at www.ezregister.com/promoters/1607



Protection of life, health, safety and welfare of Arizona's most valuable assets.



ADOSH Education and Training Calendar

May 2020*

5/12	9am-12pm	Forklift Train the Trainer	800 W Washington St	Phoenix	Jeff	602-542-1769
5/14	9am-12pm	Machine Guarding	WEBINAR	Phoenix	Jeff	602-542-1769
5/19	9am-12pm	OSHA 300 Recordkeeping	WEBINAR	Phoenix	Jeff	602-542-1769
5/21	9am-12pm	Shop Safety & Power Tools	800 W Washington St	Phoenix	Jeff	602-542-1769
5/28	9am-12pm	Crane Safety Awareness	WEBINAR	Phoenix	Jeff	602-542-1769

* This is a partial list of classes for May; more will be added

To register for a class please feel free to call the number associated with the class or register at www.ezregister.com/promoters/1607

ARIZONA DIVISION OF OCCUPATIONAL SAFETY AND HEALTH



Protection of life, health, safety and
welfare of Arizona's most valuable assets.

800 W Washington St.,
Ste. 200
Phoenix, AZ 85007

1-855-268-5251 Reception
602-542-1614 Fax

2675 E Broadway Blvd.,
Tucson, AZ 85716

520-628-5478 Reception
520-322-8008 Fax

Jessie Atencio, ADOSH Director

Contact Us

We're on the Web!
www.azdosh.gov

ADOSH ADVOCATE

Published quarterly by the Arizona Division of Occupational Safety and Health for employers and employees of Arizona. The information in this newsletter is provided as a service and should not be considered as the exclusive source of the requirements of the OSHA Standards. This newsletter is in the public domain and we encourage re-printing. Comments and suggestions are welcome.